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# Achieving Wellness

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## Inside Out

Our body and cars are similar in that they both have complex operating systems that we typically take for granted until something goes wrong. Today, most cars are fully automated and in many ways our bodies are the same. Every second, the human body automatically performs billions of vital functions without any conscious awareness. The brain controls these functions by sending and receiving millions of electrical signals via delicate, complex, and life-giving nerves. Critical to our nervous system is the spine, which encases and protects it. This system is a miraculous network of inborn intelligence and it enables the body to heal and regulate itself, as long as there is no interruption in the flow. However, stress and strains of daily living can cause the spinal vertebrae to misalign, interrupting this communication process. When we have car trouble, we take our car to a mechanic to fix the problem. Similarly, when our bodies express symptoms we often take

medications; however, sometimes we forget that the first step in restoring health is locating the cause of the problem.

The body is constantly trying to healing itself (homeostasis), as long as it has the nourishment it needs (lifestyle) and there is no interruption to innate function.

This leads us to chiropractic, the only healthcare system which corrects misaligned vertebrae (subluxations) that impair your most priceless possessions: health, vitality, and potential. You may not need medications to cover adaptive responses (symptoms) as you become healthier, something I would not have believed years ago. For over 111 years, chiropractors have empowered people to understand that health is an inside job; medications and surgeries may sustain life but rarely fix the problem. With time, belief, and the miracle of you, your potential is unlimited and I can hardly wait to see it!

## Whole Food & Sugar Pills

Research suggests that oranges provide better antioxidant protection than vitamin C. A research team gave test subjects either a glass of blood-orange juice, an equivalent amount of vitamin-C-fortified water, or sugar water (containing no vitamin C). Blood plasma vitamin C levels went up after subjects drank both the juice and the fortified water. But when their blood samples were then exposed to hydrogen peroxide, which causes DNA damage, the damage was significantly less in the samples taken from those who drank the juice. *Nature.com April 20, 2007*

Remember, whole foods are far superior to supplements. Imagine how much better a whole orange is compared to juice because it contains a myriad of benefits such as vitamins, co-factors and fiber! Even juice is better than supplements. Remember to dilute juice with 50% water if you drink it often.

Research suggests that antidepressant medication for those with bipolar disorder is no more effective than a sugar pill.

Researchers studied 366 participants at 22 sites who were treated with either Wellbutrin or Paxil or with a placebo. After 26 weeks, less than 25% of those treated with antidepressants stayed well for at least eight consecutive weeks, the same as those treated with the placebo.

*New England Journal of Medicine, Vol. 356, No. 17, April 26, 2007: 1711-1722*

### FACTOIDS

1. Chiropractic patients tend to have substantially lower health care costs, according to data gathered from over two million US chiro. users.
2. To avoid straining the neck and upper back muscles while doing crunches, try placing your tongue on the roof of your mouth.
3. "You are never given a wish without the power to make it come true. You may have to work for it, however." -- Richard Bach

**THE  
SPINE  
IS  
DIVINE**



***Our mission is to create wellness by educating and inspiring people to live well and by adjusting the spine to allow full innate expression.***

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